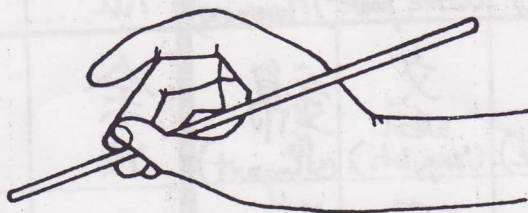


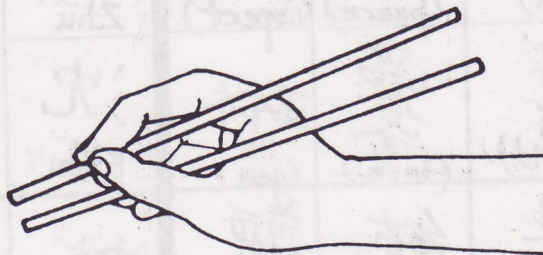
Using Chopsticks

In China there are two utensils used to eat with; soup spoons and chopsticks. Kuai-tse or chopsticks are used instead of forks. For those used to eating with forks, chopsticks can provide a new experience in eating. Obtain some chopsticks. They are often available at Chinese restaurants or in the foreign food sections of supermarkets. If no chopsticks are available, try practicing with unsharpened pencils. Follow these directions.

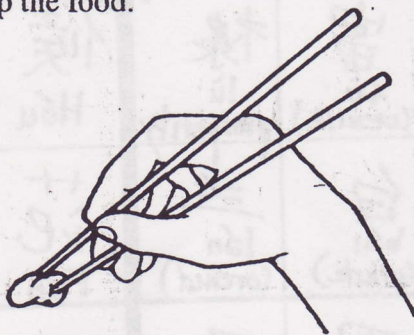
1. Place one chopstick in your hand, laying the stick between your thumb and index finger. This chopstick will stay still; don't let it move.



2. Use your thumb, index finger and two middle fingers to hold the second chopstick. The chopstick will move to pick up the food.



3. Keep the bottom points of the chopsticks even. Move the second chopstick to "pinch" the food against the first chopstick. Pick up the food.



Fu—happiness



Praying Mantis and Flowers—good fortune



Crane—long life



Dragon—power, rain, spring, new life

